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Congressman John Campbell, an Irvine resident for more than 30 years, has represented California's 48th Congressional District since December 2005. Last March, he started the Green Eyeshade blog – a reference to the green visors historically associated with accountants – on conservative Web site Townhall.com where he parses budgetary minutia and bemoans what he views as wasteful government spending.

At last count, Campbell has contributed 159 posts that have elicited 708 responses from readers. The Republican congressman spoke about his first year blogging.

Why did you start your blog?

"Blogging has become a major and very effective way to communicate. As a member of congress, I see a lot of stuff that doesn't get reported in the mainstream media, and this gave me the opportunity to get that information out."

What is the significance of "green eyeshades"?

"The Green Eyeshade blog is a reference to the fact that I am an accountant, and this blog is about your money."

How do you find the time to post?

"If you looked at today for example, as I've learned things in the budget committee hearing that I thought were noteworthy, I'd just put them up. In some cases what I'll do is I'll write it on my blackberry and send it to a staff member who puts it up."

Do you view the blog as a success?

"I saw a figure that we're getting something like 170,000 hits per month. At home in the district, I was at an event and someone introduced me, 'Oh, this is Congressman John Campbell,' and this woman says, 'Oh, Green Eyeshade blog,' so that was pretty neat. Someone actually recognized my name because of the blog."

What has been the response to the blog?

"I would say the ones we've gotten the most critical acclaim for most recently were on the stimulus package. There weren't many people in Congress – it was this big bipartisan lovefest – saying, 'hey, wait a minute, this really isn't a very good idea.' Because that (blog posting) stood out, it got a lot of play and a lot of comments."

How about the response to the handful of lighter topics you've covered, like when you made your March Madness and college football bowl picks?

"Every once in a while I like to lighten it up so that people don't think that the green eyeshade never comes off. It does now and then, especially when it comes to college football, basketball, and maybe NASCAR racing coming up soon."